

JARROW FORMULAS, INC.
SUPERIOR NUTRITION
AND FORMULATION

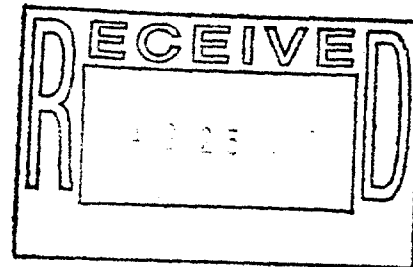
1824 South Robertson Boulevard
Los Angeles, CA 90035-4317
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Toll Free (800) 726-0886
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JARROW
FORMULAS™

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Division of Compliance and Enforcement/ONPLDS
Center for Food Safety and Applied Nutrition
Food and Drug Administration
HFS-810
200 C Street, S.W.
Washington, DC 20204
202-205-5229

July 25, 2000



Dear CFSAN:

Pursuant to Section 403(r)(6) of the Federal Food, Drug and Cosmetic Act and Section of 101.93 of FDA's regulations, we hereby notify you that we are using the following statement(s):

(1) Name of Address of distributor:

Jarrow Formulas, 1824 South Robertson Blvd., Los Angeles, CA 90035

(2) Text of the statement(s):

"Supports Muscle Development" – American WHEY PROTEIN, made fresh in Wisconsin, is 100% natural and specially ultrafiltered under low temperature to be low in fat, lactose and carbohydrates. American WHEY PROTEIN is a rich source of glutamine and biologically active proteins. Fifty-one per cent of the proteins found in whey are from BLG (Beta-Lactoglobulin), 20% of whey is ALG (Alpha-Lactalbumin), 10% Immunoglobulin, 10% Albumin and 7% minor fractions (Beta-Microglobulin, lactoferrin, lactoperoxidase, lysozyme, lactoferrin and relaxin). Albumin is of particular interest to researchers because of its elevated concentrations of glutamylcysteine, a precursor to the antioxidant glutathione. American WHEY PROTEIN is the richest natural source of BCAAs (Isoleucine, Leucine and Valine), important components of muscle tissue. BCAAs are depleted from muscle tissue following strenuous exercise, which can cause catabolic loss of muscle tissue. BCAAs suppress proteolysis (muscle loss). BCAAs have been known to improve performance in moderate as well as intense exercise by improving endurance. American whey protein is rich in glycomacropeptides (biologically active proteins) that improve the digestion and absorption of nutrients and supports the growth of bifidobacteria. American Whey Protein is specially processed to concentrate and preserve glutamine. Predigested whey, such as that found in peptides and hydrolyzed whey products; result in a loss of glutamine. Therefore, American Whey is NOT hydrolyzed. Also whey protein is extremely rich in essential amino acids that raise the biological efficiency of the protein.

(3) Name of the dietary ingredient(s) if not provided in the text of the statement:

Whey protein

(4) Name of the dietary supplement(s)

American Whey (Unflavored, Chocolate and Vanilla flavors) 2 lbs

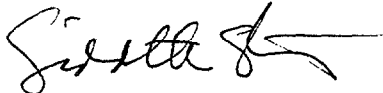
(5) The following disclaimer appears on the label in bold: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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LE+5783

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Siddharth Shastri', with a stylized flourish at the end.

Siddharth Shastri, CCN

Vice President, Director of Product Development

Licensed Dietitian/Clinical Nutritionist, #002378

(by the University of the State of New York, State Board of Education)